DID YOU KNOW?

- 20% of all fruits and vegetables produced are uneaten and discarded in homes.
- The average American family spends between $1500 - $2000 per year on food that is never eaten.
- Every year, globally about 2.9 trillion pounds of food never gets consumed. In Riverside County, it is estimated that over 400,000 tons of food is sent to the landfill every year.

Tips at home

CHECK Date Labels
Consumers should pay attention to the Use By or Freeze By date. Sell By is for stock rotation purposes. Best If Used By is for quality, not expiration.

EAT Leftovers
For lunch or for a quick dinner.

USE Recipes
Have a plan, make a shopping a list.

EAT Ugly
Buy imperfect food for less
Cut it, cook it or blend it.

FREEZE or Can Extras
Preserve food before it’s wasted.

Tips eating out

BE Aware of Donations
Choose restaurants that donate surplus food and encourage your favorite restaurants to donate if they currently do not.

TAKE Home the Leftovers
Take your remaining food home in a doggy bag for lunch the next day. Your puppy will understand.

SHARE a Meal
If it’s not enough, order more.

SKIP the Tray
Studies show that diners who use trays waste 32% more than those who carry plates.

Tips while shopping

SHOP More Often
Break the habit of buy a lot, waste a lot.

BUY Frozen Food
Frozen food lasts longer and suffers fewer losses from farm to shelf.

SHOP at Farmer’s Markets
By reducing the time for distribution, fruits and vegetables at local markets should be fresher and last longer.

ALWAYS Bring a List
Plan your meals, make a shopping list and try to stick to your list.

more tips at SAVETHEFOOD.COM

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Everybody has Food Waste

potato peels apple core banana peel tea bags carrot tops broccoli stalks
vegetable scraps egg shells salad leftovers coffee grounds
citrus peels stale bread onion skins rotten tomatoes watermelon rinds

Everybody can Compost or Vermicompost

AEROBIC Composting Turning the pile adds oxygen which speeds up the process significantly and yields usable compost more quickly.

With the right mix of brown and green materials, along with water, oxygen and microorganisms, you can make good compost in 2-3 months.
The County sells compost bins to county residents for $12 per bin, limit 3 per household. For more information, call 951-486-3200.

Tumbling composters make the process of turning your compost pile easier and they can yield good compost more quickly. However, these bins are more expensive to purchase and to maintain.
The County does not offer tumbling composters or solar digesters for sale.

Solar digesters are designed to accelerate the natural decomposition process by raising and encouraging the growth of microorganisms. The system processes almost all household food waste, including vegetable scraps, raw and cooked meat or fish, bones, dairy products and other organic food waste such as fruit, bread and pasta.

ANAEROBIC Composting Compost will happen over time. Don’t turn or add water. Just add organic materials and find the best compost on the bottom. If microorganisms find the pile, nature will do all the work.

VERMICOMPOSTING Worm composting is an easy and efficient way to turn food waste into high quality compost (worm castings) for your garden.
The County sells vermicomposting kits to county residents for $26 per kit. Call 951-486-3200 for more information.

FREE Classes Attend one of our free classes or schedule a speaker for free to come talk to your group about managing food waste.

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